



Milford Recreation Fall/Winter Guide



2016/2017

www.milfordrec.com



2015 House Decorating Contest



2016 Ice Rink



2015 Coed Softball Tourney



2015 Fall Festival

MEMBER OF



1 Union Square • Milford, NH 03055
Phone (603) 249-0625 • Fax (603) 673-2273
recreation@milford.nh.gov



Milford Recreation Fall/Winter Guide 2016/2017

Fall Family Festival

Music ~S'mores ~Concessions ~Games ~Storytelling ~Crafts ~Face Painting ~Vendors ~and more!
SATURDAY 9/17 ~ 5:30-7:30PM ~ ADAMS FIELD (Osgood Rd.) ~ ALL AGES WELCOME!



Zombie Orienteering



Avoid the zombies and make it back to safety!

SATURDAY 9/17

(Following the Fall Family Festival)

7:30-8:30PM ~ ADAMS FIELD ~ Recommended ages 12+.

Coordinated with the Conservation Commission!

COME ON OUT AND ENJOY THESE FREE FAMILY FRIENDLY EVENTS!

Coed Wooden Bat Softball Tournament

Ages 18+. 7th Annual Coed Softball Tournament & Home Run Derby. Come out for one great day of fun! Home Run Derby open to anyone, additional \$10 paid the day of the event. **Team entries will not be accepted after Sept. 16, 2016 12pm.**

Keyes Park/Carson Field

Proceeds benefit Kaley Park softball field development

Team Prizes

1st Place \$150 2nd Place \$100 3rd Place \$50

***Teams MUST register and pay in full by*
Sept 16 @ 12pm**

**Tournament Sunday 9/25 \$150 per team
Tournament starts at 9am**

The Holly Jolly Family Spectacular!

Join us for an evening of cheer!
Sing-a-long to some of your favorite holiday songs. Lyrics will be projected on a screen.

sing-a-long, dance,
or just sit back and enjoy.

ALL AGES WELCOME!

**Friday 12/16 6:30-8:00pm
Milford Town Hall Auditorium
Free Event!**

Winter Family Festival

**FRIDAY NIGHT – 1/20 6pm-8pm
FREE at Shepard Park**



Ice Skating
Skate Swap
Games
Music
Hot Cocoa
Roasting Marshmallows
Mitten Friendly Food



Daddy Daughter Dance

**Saturday 2/11 ~ 6-8pm
ADVANCE TICKET SALES ONLY**

Milford Town Hall Auditorium

\$16 per couple

\$6 each additional child

\$28 per family (4+)

***Tickets go on sale Tuesday
1/3/2017~**

Food*DJ*Raffle Prizes*Photos



REGISTER ONLINE AT WWW.MILFORDREC.COM

Be inspired by Milford Recreation!

Bus Trips

Yankee Candle

You will find 400,000 candles in over 200 different famous Yankee scents. It's a unique, entertaining world of New England charm, fairy tale fantasies, and hands-on, interactive candle making that's fun for every age. We will then eat lunch at Chandler's Restaurant. **Trip Includes Transportation. Only 22 seats available!**



Wednesday, 9/7 **\$25pp**
Depart Milford at 8:00am
Depart Yankee Candle 2:30pm
(Parking at Municipal Parking Lot, Garden St.)

Cathedral of the Pines

The Cathedral of the Pines is a nationally recognized memorial dedicated to the memory and honor of all Americans who serve the nation in search of peace. It's a great place of spiritual, cultural, and environmental appreciation. Then we will have lunch at Emma's 321 Pub & Kitchen. **Only 21 seats available! Requires walking moderate distances on uneven ground. Trip includes Transportation, Tour of Cathedral & Lunch.**



Wednesday 10/19 **\$40pp** **10am Tour**
Depart Milford 8:30am/Depart Rindge NH 2:00pm
(Parking at Municipal Parking Lot, Garden St.)

Mohegan Sun Bus Trip

Adults 21+. We invite you to try your luck at our gambling getaway to Mohegan Sun. Motor coach transportation and a casino bonus package that includes a \$15 food voucher & \$10 free bet.



(Casino package subject to change without notice)

Saturday, 10/29 **\$35/person**
Depart Milford 8am/Depart Casino 4:30pm
(Parking at Cirtronics, Rt. 13)



Bus Trips

Van Otis Chocolates

Take a "behind closed doors" look at how we get all of those yummy things inside chocolate and try your hand at some of the candy making tasks.



(And the nice part is if it doesn't turn out exactly right you can eat your mistakes.) We will go then eat lunch at Unity Café in Manchester NH. **Trip includes Transportation, Chocolate Tour & lunch. Only 21 seats available! Must be able to climb two flights of stairs.**

Wednesday, 11/2 **\$45pp**
Depart Milford 9:30am Depart Manchester 2:00pm
(Parking at Municipal Parking Lot, Garden St.)

New York City Annual Bus Trip

Adults & Families. Join us for a day trip to the big apple! Start your holiday shopping, see a play, or go to a museum. It's your day to do whatever!



Saturday, 11/12 **\$55/person**
Depart Milford 6am/Depart NYC 6:30pm
(Parking at Cirtronics, Rt. 13)

Basketville Putney VT.

The outlet store is a vast old barn in Putney, Vermont full of handcrafted items for the home. Whatever you find, it's probably a bargain.



Basketville prides themselves on outlet prices and frequent specials. They also have the home of Putney Mountain Winery – wine tasters welcome! We will then eat lunch at the Putney Diner.

Trip Includes Transportation
Only 13 seats available!

Wednesday, 3/15 **\$30/person**
Depart Milford 8:30am/Depart Putney VT 2:00pm
(Parking at Municipal Parking Lot, Garden St.)

Foxwoods Casino Day Trip



Adults 21+. We invite you to try your luck at our gambling getaway to Foxwoods Casino. Motor Coach transportation, casino bonus package which includes a FREE buffet or \$10 meal coupon/\$15 Bonus Slot Play. *(Casino package subject to change without notice)*

Saturday, 3/25 **\$35person**
Depart Milford 8am/ Depart Casino 4:30pm
(Parking at Cirtronics, Rt. 13)

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Toddler Programs

Toddler Tumbling

Ages 2-5. These 4 week sessions include fun activities and exercises that will help children develop balance, encourage locomotion, learn to follow instruction and develop independence! Parent participation is required. **Instructor John K. Town Hall 3rd Fl. Auditorium. Limited to 10 participants.**



Thursdays 10-10:30am Res \$20/NRes \$22

Session 9/8-9/29
Session 10/13-11/3

NO DECEMBER SESSION

Session 1/5-1/26
Session 2/2-2/23
Session 3/9-3/30

Tot Drop-In

Toddlers & Parents. This is a great place for parents and toddlers to come play and chat. Lots of toys and open space.



Town Hall 3rd Fl. Auditorium. Follows MSD Calendar. Contact us if interested in volunteering!

Fridays 9/9-11/4 9:30-11:30am
After Holiday Break 1/6-4/21
No Class 3/3
\$10 for 5 sessions/ \$3 for a drop in pass

Tiny Kicks & Power Kickers Youth Soccer Programs



Ages 2-5. Get your children outdoors & moving! Join us for Tiny Kicks & Power Kickers, an introduction to soccer program for ages 2-5. While learning about soccer they will also improve coordination, following instructions, encourage locomotion and living a healthy and active lifestyle! Parent participation is required. **Instructor John K. Min of 5 participants. Keyes Soccer Field/Town Hall Auditorium.**

Tuesdays Res \$30/NRes \$35
Tiny Kicks: Ages 2-3, 10-10:30am
Power Kickers: Ages 4-5, 1:45-2:15pm

Session 9/6-10/4 No Class 9/20
Session 10/11-11/1
Session 11/15-12/6 No Class 11/8 Election

Youth Programs

Piano Lessons

Ages 7-15. Lessons for the beginner piano student! These 6 lessons will teach students the basics required to develop proper piano playing ability. We will work on reading music, proper posture and hand position, and begin to play songs. Our instructor looks to personally inspire students through music and to further encourage their commitment to learning this instrument! Parents are welcome to drop-off or stay. **Instructor Dan I. Milford Town Hall Auditorium.**



Mondays \$120 pp
Session 9/26-11/7 (No class 10/31)
Session 11/14-12/19
Session 1/23-3/6 (No Class 2/27)
Session 3/20-5/1 (No class 4/24)
Mondays 1/2 hour time slots, 1 child per slot.
6-6:30pm, 6:30-7pm, 7-7:30pm, & 7:30-8pm

Horsemanship Program & Mini Showcase

Ages 5+. At Irish Luck Stables they offer equestrian classes unlike any other! These 4 week sessions include mounted horse time, educational horse craft projects and hands-on barn skills/barn games. The last class of each session will hold a mini showcase that family and friends are encouraged to attend (equestrian ribbons awarded for everyone)!

Minimum 6 students/Max 12 students. Please wear closed toed shoes or boots (with a small heel) and long pants, in colder weather wear layers (everything else will be provided).

Week 1– Welcome/Groom & Tack
Week 2– Breeds & Colors
Week 3– Parts of a Horse
Week 4– Mini Showcase



Milford Res \$140/NRes \$160
Session 1 9/12-10/3
Session 2 10/10-11/7 No Class 10/31
Mondays 4:30-6:30pm
Irish Luck Stables– Brookline, NH
***Viewing Room– Welcome to drop-off or stay.**

Be inspired by Milford Recreation!

Youth Programs

Safe Sitter: Babysitter Training Course

Ages 11-15. This fun and exciting course teaches sitters the importance of their unique job responsibilities. Topics include accident prevention, proper play and interaction with children of all ages, problem behavior and CPR introduction! Participants will be prepared to respond effectively in an emergency situation. Prepare your child increased responsibilities and money earning potential. Great for big brothers and sisters! This is a 1-day (7 hour) intensive training course. Please pack a lunch. Safe Sitter course includes training manual and completion card. **Instructor John K. Min of 6/ max of 8 MPD Community Room**
Registration Deadlines 10/6 & 3/2



Saturday, 10/15 or 3/11 9am-4pm \$75/person

Home Alone Safety Class

Ages 8-11. Learn the basics of being safe when home alone for short periods of time. We'll talk about how to answer the telephone and door, internet safety, first aid techniques, accident prevention and fire protection and more will be discussed. Youth will have a better understanding of responsibility & independence. This is an interactive class. Bring a snack and water. Each student will receive a handbook. **Instructor John K. Minimum of 8 students/Max of 15.**
Registration Deadline 10/27



Friday, 11/4 \$25/person
Heron Pond Cafeteria 3:30-5:30pm

Our instructor will be there for 3pm to for those who will be staying right after school.

Beginner Learn to Skate

Ages 4 & up. All participants must be accompanied by a parent on the ice. Equipment required: Skates, helmet (any bike/multi-sport helmet), gloves. *Skating programs will last 4-5 weeks weather permitting with a makeup/bonus class held on Feb. 18.* **Instructor Dan Fontas, Director of Hockey for The Hockey Academy & New England Stars Youth Hockey. Shepard Park Ice Rink next to St. Joseph's Milford Medical Center.**



Saturdays, 1/21-2/18 8-8:30am Res \$25/NRes \$35

Youth Programs

Learn to Play Hockey

Ages 5 & up. Must have learn to skate experience. Equipment required: Skates, stick, helmet with cage, hockey gloves (other protective gear such as throat guard and shin guards highly recommended). *Skating programs will last 4-5 weeks weather permitting with a makeup/bonus class on Feb. 18.* **Instructor Dan Fontas, Director of Hockey for The Hockey Academy & New England Stars Youth Hockey. Shepard Park Ice Rink next to St. Joseph's Milford Medical Center.**



Saturdays, 1/21-2/18 8:45-9:45am
Res \$30/NRes \$40

Youth Drama Workshop:

Ages 10-15. "Drama with a Giggle"

Learn the art of comedy and all the stagecraft that goes with it: improvisation, timing, sword fights and how to slip on a banana skin! Then stage Shakespeare's hilarious "Pyramus and Thisbe" into a play to be performed in the last week. Try on characters: a beautiful maiden, stupid actors who can't learn their lines, a lion, or a hole in the wall!



Ages 7-11. "Theater Fun"

Students will be captivated by storytelling at its best. Act out a different drama and character each week—Kings, Princesses, Fairies, "Puss in Boots" and "Schrek". The children will turn beautiful stories into plays and explore new realms of their imagination with music, movement and poetry. They will present a lovely script of Hans Christian Anderson's "The Little Mermaid" for a show at the last lesson.

Instructor Roberta Woolfson. Town Hall 3rd Fl. Auditorium Registration Deadline 9/15

FALL SESSION

Thurs 9/22-12/8 (No class, 11/24)
Res \$170/NRes \$180 Performance 12/8

Ages 10-15 3-5pm Ages 7-11 5-6:30pm

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For the Family

YOGYAM Yoga Classes

YOGYAM means "state of perfect well-being." YOGYAM Yoga practice is a holistic & therapeutic approach for keeping both the mental and physical body healthy. Regardless of age or mobility, anyone can practice YOGYAM Yoga's gentle Tula (balance) flow. This class is ideal for beginners and aims to strengthen bones & muscles; improve balance and create equilibrium throughout the body. **Instructor Kathy MacKinnon. Milford Town Hall Auditorium.**

Tuesdays 6-7pm and/or Wednesdays 2-3pm
\$55/session (For 6 classes) \$10 Drop-in Fee
Minimum of 3 Participants

Session 9/6 - 10/12
Session 11/1 - 12/7
Session 1/3 - 2/8
Session 2/14 - 3/29
(No class 2/28 & 3/1)



Archery Lessons

Youth & Adult. Learn to shoot like Katniss in The Hunger Games. Students will be taught how the bow functions, bow and arrow safety, and aspects of arrow flight. No equipment necessary, just bring your willingness to learn and have fun. **Instructor Dana White. Keyes Park/Bales Gym.**



Wednesdays 5:30-6:30pm Res \$60/NRes\$65

Session 8/31-9/21
Session 10/5-10/26 Bales Gym
Session 11/2-11/30 (No class, 11/23)

NO DECEMBER SESSION

Session (Tentative) 1/4-1/25 Bales Gym
Session (Tentative) 2/1-2/22 Bales Gym
Session (Tentative) 3/8-3/29 Bales Gym

**Registration for ALL
Fall/Winter programming
opens on
Monday August 1st!!!
Go to www.milfordrec.com
to register!**

For the Family

Trick or Treat!

All ages. Stop by and 'Trick or Treat' with MRD at the Milford Oval Gazebo! The recreation department will have candy or a small toy to choose from (1 piece per child). Don't forget to wear your costume! Costume contest: scariest, funniest, prettiest. Prizes to winners! **Limited supplies.**



Friday 10/28 3pm-4:30pm
Milford Oval Gazebo

FREE!

Milford Recreation Presents... 2nd Annual Holiday House Decorating Competition



Enter your house into our FREE competition and people will be able to go view the homes and vote on who they think the winners are.

Enter your home by December 5th, 2016!
Viewing will be from December 7-19, voting will close
December 19th at 12:00pm.

Winners will be announced December 20th!
Go to www.milfordrec.com for rules and to enter
your home!

Shepard Park Public Ice Skating

All ages. Enjoy the winter season by gliding around on Milford's outdoor public skating rink. Weather dependent, closings will be posted on Facebook and www.milfordrec.com.

Shepard Park.



Contra Dance

All Ages. Contra Dance refers to several folk dance styles, in which couples and individuals dance in two facing lines. Come meet new friends, no partner required, easy to learn and lots of fun! **Coordinator Sandy Lefleur 603-487-2480.**
Town Hall 3rd Floor Auditorium.



Adults \$7 Seniors/Students \$5
12 Under Children Free

Sept Friday, 9/23 @ 7:30-10:30pm
Oct Friday, 10/28 @ 7:30-10:30pm
Dec Friday, 12/23 @ 7:30-10:30pm
Jan Friday, 1/27 @ 7:30-10:30pm (Tentative)
Feb Friday 2/24 @ 7:30- 10:30pm (Tentative)

REGISTER ONLINE AT WWW.MILFORDREC.COM

Be inspired by Milford Recreation!

Brand New

Co-ed Group Golf Lessons Ages 12 Over

During our 6 week lessons we will be going over putting, chipping, follow through and rotation, full swing form, hand positioning, and standing correctly when approaching each shot. This class is for all skill levels and anyone 12 or older is welcome to join. Come on out this fall and enjoy working on your golf game.

Price includes 6 weeks of one hour lessons
4 vouchers for mini golf
2 free range buckets,
One Round of 9-hole golf at Ponemah Green
(all vouchers would be for a later date) .

Collared Shirts are Required Male/Female
Please bring your own golf clubs

Instructor Maurica Smith. Maurica Smith is a recent graduate from Webber International University, where she was a three-year member of the Women's Golf Team. With twelve years of golfing experience, Maurica assists with adult golf clinics and provides support at summer camps for junior golfers.

Sundays, 9/11-10/16 **5:00-6:00pm**
Res \$150 NRes \$155
Registration Deadline 9/4
Minimum of 6 participants
Maximum of 10 participants
At Ponemah Golf Course
55 Ponemah Rd, Amherst, NH 03031

Gluten Free Cooking Class

Three course Gluten Free Cooking Class Demo by award winning TV Chef Oonagh Williams. Chef Oonagh is regularly featured chef on WMUR's Cooks Corner. She has also written a monthly recipe column for the National Foundation for Celiac Awareness for more than 5 years. This class is welcome to everyone. Class includes demo, full recipes and generous samples of all dishes.



Thursday September 29th **7-9pm**
Goat cheese, fresh herbs and roasted red pepper dip.
Slightly spice sausage, sweet potato, vegetable and quinoa soup.
Almond Cake
Res \$45 - NRes \$50
Registration Deadline 9/22

Thursday October 13th **7-9pm**
Cachew nut hummus
Shanghai Noodles with Beef (Ground Turkey)
Apple Cake
Res \$45 - NRes \$50
Registration Deadline 10/6



Thursday October 27th **7-9pm**

Winter quinoa 'tabbouleh'
Corn bread toaster muffins made into corn bread stuffing with apples, onions, sage, sausage
Pumpkin jelly rolls

Res \$45 - NRes \$50
Registration Deadline 10/20

Thursday November 10th **7-9pm**

Shrimp and Crab Bisque
Beef Stroganoff with sirloin steak, mushrooms, sour cream
Tiramisu

Res \$45 - NRes \$50
Registration Deadline 11/3

Class will take place in Banquet Hall of Town Hall

Want to run your own program!

Milford Recreation Department (MRD) is currently recruiting instructors and course/program ideas for both youth and adults for future programming. The key to our program success is based on our quality instructors and their dedication, enthusiasm and knowledge. If you have a specific interest, hobby or expertise you would like to share please contact Milford Recreation Department 249-0625.

Adult Programs

Coed Pickup Basketball

Ages 18+. Dust off the Chuck Taylors and hit the court for some pickup basketball.
Volunteer Coordinator Larry Tighe.
Bales Gym.



Limited to 20 participants.

Tuesdays & Thursdays @ Bales Gym **6:30-9pm**
\$25 per person (Tentative) **9/6-12/15**
\$25 per person (Tentative) **1/10-6/1**
(Please note there is no program 9/8, 11/8, 11/24, 1/17, 2/28, 3/2, 3/14, 4/25, 4/27)

Beginner Zumba®

Modified Zumba® for beginners is a fun way to stay fit and active! Give your body a workout to the rhythm of all types of music. Chairs are available for those who need it as well. Please bring water and wear comfortable clothing and sneakers. **Instructors are a mother/daughter duo, Rae M. and Ashley I. Minimum of 5 participants needed.**



Mondays 9/12-10/3 **5:45-6:30pm**
Res \$20/NRes \$25
Banquet Hall Milford Town Hall

Senior Programs

Coffee Connections 10:00-11:30am
Banquet Hall in Town Hall 3rd Floor
2nd Wednesday of the Month

- Sept. 14th: Scarecrows for MIT**

Join us in assisting the Milford Improvement Team with the scarecrow kits for the 2016 Milford Pumpkin Festival! Also, we will have supplies available to write letters to our troops.



Snacks and refreshments will be provided.

- October 12th: Milford Historical Society**

Come learn about Milford's rich history from Polly Cote of the Milford Historical Society. Bring any historical items with you that you would like to share with everyone!



Snacks and refreshments will be provided.

- November 9th: Decoration for Holiday Luncheon**

It's time to bring in the Holiday season once again! Help make decorations to beautify our Banquet Hall for the Holiday Luncheon in December. We will also be decorating a wreath as a donation for the Wadleigh Library: Wreaths Around Wadleigh!



Music, snacks, and refreshments will be provided.

- December 14th: Senior Holiday Luncheon**

Enjoy the spirit of the holidays – join us for a catered full-course turkey dinner. Games, laughter, great merriment and raffle prizes!



12-2pm \$12 per person. Please RSVP by December 7th 249-0625. Please bring a non-perishable food item for SHARE.



- March 8th: Community Service Project: Easter Eggs**

Welcome back!It's that time of year again and we need your help to fill the Easter eggs for our Annual Milford Easter Egg Hunt!

Snacks and refreshments will be provided.

BINGO				
12	18	41	47	61
7	26	39	54	70
4	27	35	49	63
5	23	35	58	73
3	30	32	52	75

BRUNCH BINGO

Every 4th Wednesday (Mar-Oct)
 12:00pm-2:00pm
 3rd floor Banquet Hall,
 Milford Town Hall

Bring a brown bagged lunch and play B-I-N-G-O!
 \$1 for 2 Bingo cards, product prizes for winners of each game

BINGO				
12	18	41	47	61
7	26	39	54	70
4	27	35	49	63
5	23	35	58	73
3	30	32	52	75

Kids Vacation Programs

February Vacation Fun-Days!
Auditorim in Town Hall



Tuesday, 2/28: Sub-Zero Presentation & Movie

All ages welcome: The Coolest Catering in town is coming to Milford Recreation Department. Sub-Zero Ice Cream and Yogurt teaches children a real world application of science by demonstrating how liquid nitrogen can be harnessed to freeze fresh ingredients into ice cream. Not only does the process keep the children entertained with billows of non-toxic nitrogen "smoke", but Sub-Zero will discuss concepts such as the elemental properties of nitrogen, gas laws, the Leiden frost Effect and the application of science to food. Plus, the children get to eat the fruits of their academic labors with ice cream samples. After you receive Ice-Cream you will get to watch a Movie on the Big Projection Screen. Movie TBD

1-3pm \$5pp



Thursday, 3/2: Wildlife Encounters

Wildlife Encounters will be coming to Milford Recreation Department. You will have an opportunity to meet the "Faces of Nature" through a dynamic and interactive animal presentation. This program has "Hands on" potential with some of the smaller, interactive, animals.

10-11am \$5pp, "crawlers" and infants FREE.

Summer Job Fair

Monday March 13, 2017

3-6 PM

Milford Town Hall Auditorium
1 Union Square, Milford, NH

What are you doing this summer? Milford Recreation Department and the Souhegan Valley Chamber of Commerce are hosting a seasonal/summer job fair. You will have the opportunity to meet with local employers from a variety of sectors looking to hire for 2017 summer employment.

Free Admission

Lots of Jobs available

Bring plenty of resumes

Your chance to connect with employers

Community Events

Santa on the Oval

Sunday December 4th

12-2PM

Bad weather December 11th

12-2PM



Milford Lions Club will be providing FREE hot cocoa and cookies and a mailman will be present to collect letters for Santa!